



Be safer, use condoms.

Condoms can help prevent pregnancy, HIV and STDs

Condoms come in a variety of types and sizes. They can be used for vaginal, anal and oral sex. There are condoms for men and for women.

Latex – Most condoms are made out of latex, a kind of rubber.

Polyurethane – There are also plastic (polyurethane) condoms. These are good for people with allergies to latex.

Lubricated – Lubricated condoms contain slippery stuff (lube) that may make sex feel better and may prevent irritation. Most lubes are water-based and are safe to use with latex. Lubes that contain oils like Vaseline and lotion cause latex condoms to break, so they should not be used. Some lubes may contain a chemical that kills sperm (spermicide). *Note: Nonoxynol-9 (N-9) is one spermicide used in some condoms that may cause allergic reactions for some people and increase their risk of getting HIV infection. Condoms or lube with N-9 should not be used. If condoms have N-9 in them, it will say on the label, so be sure to check.*

Non-lubricated – Condoms that are used for oral sex may be flavored and most are not lubed.

Flavored and joke condoms – Some condoms, like ones that glow in the dark or have funny pictures on them, are made as jokes and should not be used for vaginal or anal sex.

Internal condoms – Condoms that are typically marketed for women that are inserted into the vagina for vaginal sex or inside an anus for anal sex.

Condoms are easily available in a wide variety of places.

You can find condoms at grocery stores, drugstores, health centers and online. There may even be places near you where you can find free or low-cost condoms.

Condoms only work when you use them correctly.

Carry condoms with you and put one on before having sexual contact. Practice putting them on and try to talk with your partner about condoms before you have sex. Do not use expired condoms.

Protect yourself

Using condoms the right way, every time you have sex can help protect you from:

- unplanned pregnancy,
- HIV (the virus that causes AIDS)
- and other STDs (sexually transmitted diseases).

Enjoy yourself

Condoms may help protect you from most STDs, but work best against diseases passed through fluids (like semen and vaginal fluid) rather than those passed skin-to-skin.

For some people, condoms may make sex feel better or last longer.

Get closer

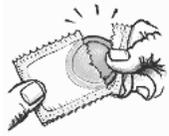
Using condoms may also help you to talk with your partner and to feel more relaxed about being together.

Massachusetts Department of Public Health, Bureau of Communicable Disease Control

Division of STD Prevention
305 South Street, Jamaica Plain, MA 02130
(617) 983-6940
www.mass.gov/dph/cdc/std

How do you use condoms?

Try to use condoms every time you have sex. Put one on an erect (hard) penis before it touches your partner's genitals (sex parts).



Open Carefully...



Squeeze the tip.



Unroll it fully.

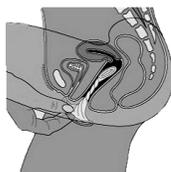
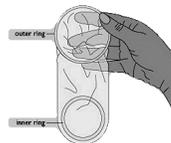


Hold base... withdraw erect.

1. Squeeze the package to make sure there is air in it.
2. Open the package - be careful not to tear the condom!
3. Squeeze the tip of the condom to keep out air bubbles and to leave room for the ejaculate (semen).
4. Unroll it onto your erect (hard) penis – all the way to the base if you can.
5. After you ejaculate, hold on to the condom so semen does not spill out and pull out while the penis is still hard.
6. Hold the base of the condom while you remove it so you don't spill any semen.
7. Tie off the end of the condom and throw it in the trash.

How do you use Reality® condoms?

These are sometimes called *female condoms* or *internal condoms*. You put them inside your vagina for vaginal sex or inside your anus (butt) for anal sex. Do not use a traditional condom at the same time as an internal condom.



1. Squeeze the package to make sure there is air in it.
2. Open the package - be careful not to tear the condom!
3. Squeeze the inner ring inside the condom and push it up into your vagina as far as it will go. For anal sex, you should take out the inner ring before you put it in your anus.
4. When you are both ready, guide the penis into the condom.
5. After your partner ejaculates, twist the outer ring and gently pull the condom out.
6. Hold the base of the condom while you pull it out so you don't spill any semen.
7. Tie off the end and throw it in the trash.

Condom Tips



Store condoms in a cool, dry place - heat or cold can damage condoms.



Keep condoms where they won't get damaged – not in your wallet or car.



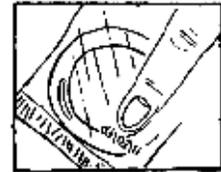
Don't reuse a condom – use it once, then throw it away.



Wear one condom at a time – wearing two won't keep you safer, and it can make it easier for condoms to break.



Check the expiration date before you use the condom. Throw away expired condoms.



Find out more...

Centers for Disease Control & Prevention (CDC)
www.cdc.gov

Sexuality Information and Education Council of the U.S. (SIECUS)
www.siecus.org

Planned Parenthood Federation of America
www.plannedparenthood.org

www.teenwire.com

Sex, Etc.
(a website by teens for teens)
www.sxetc.org

AIDS Action Committee
www.aac.org

